

DINNERLY



Feed A Crowd: Coconut Pumpkin Soup

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- 1 potato
- 500g Japanese pumpkin
- 2 x 400g lentils
- 20g vadouvan curry powder ¹⁷
- 400ml coconut milk
- 2 x 2 wholemeal rolls ^{1,6}

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1L (4 cups) boiling water
- 2 tbs vegetable oil

TOOLS

- oven tray
- baking paper
- large saucepan
- stick blender or food processor

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 28.7g, Carbs 54.1g, Proteins 18.7g



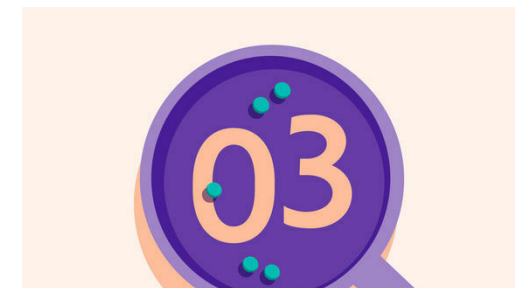
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop the **onion**. Peel the **potato** and cut into 2cm chunks. Peel the **pumpkin** and cut into 3cm chunks. Crush or finely chop 2 **garlic cloves**. Drain and rinse the **lentils**. Combine 1½ **tbs curry powder*** and 1L **(4 cups) boiling water** in a heatproof jug and stir to dissolve.



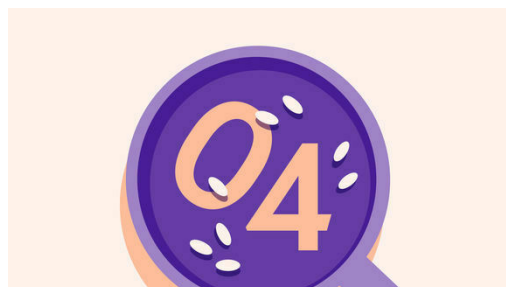
2. Saute veggies

Heat 1 **tbs vegetable oil** in a large saucepan over medium heat. Cook the **onion** and **garlic**, stirring occasionally, for 3-4 mins until softened. Add the **potato**, **pumpkin**, **lentils**, **curry powder stock** and **coconut milk**, season with **salt and pepper** and bring to the boil.



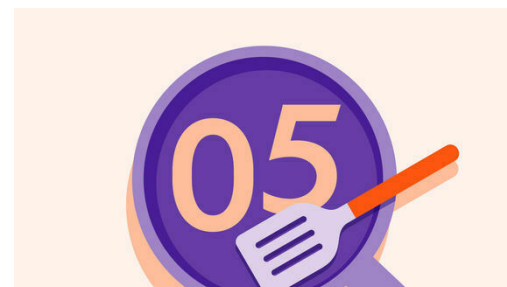
3. Simmer soup

Reduce the heat to medium and cook, stirring occasionally, for 15 mins or until the veggies are tender. Remove the pan from the heat.



4. Bake croutons

Meanwhile, cut the **rolls** into 2cm-thick slices and put on the lined tray. Drizzle with 1 **tbs vegetable oil**, season with **salt and pepper** and toss to coat. Bake for 5-6 mins until browned and crisp.



5. Serve up

Blend the **veggies** with a stick blender until smooth (see Feed A Crowd). Taste, then season with **salt and pepper**. Divide the **soup** among bowls, scatter over the **croutons** and enjoy!



6. Feed A Crowd

Take care when blending hot soup as the mixture may spit. If using a blender jug or food processor, remove the centre lid or pusher to allow the steam to escape, then hold the lid securely in place and use a tea towel to protect your hands from the heat. Don't overfill the jug – blend in batches if necessary.